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City of Somerville Council on Aging



167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

ENGAGE

Nutrition Fair!



On Tuesday, June 16th from 10 a.m. to 12 p.m. our Holland Street Center will host what promises to be one of the best Nutrition Fairs geared to the health and nutrition needs of older adults. It will include health screenings, food demonstrations, healthy snack samples, giveaways, health eating tips, and delicious recipes to take home with you. After the fair, the COA will offer a healthy lunch. Call Chris or Mimi at (617) 625-6600, ext. 2300 for learn more or to register. Transportation available upon request.

New Research Study to Promote Healthy Aging at Holland Street Senior Center – **ENGAGE Somerville**

The Somerville Council on Aging and Tufts University are teaming up to start **ENGAGE Somerville**, a new 6 month research study that will take place at the Holland Street Senior Center! The goal of **ENGAGE Somerville** is to better understand how to preserve the mobility and independence of older adults in the community setting.

Health and Wellness Coordinator, Chris Kowaleski, who is leading the recruitment activities for **ENGAGE Somerville**, says “we are delighted to partner with Tufts again for this important and exciting new community engagement research study. We are always looking to learn the latest and best approaches that may lead to lasting benefits for many of the seniors we serve.” Dr. Kieran Reid, from the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University, has helped Chris implement the Fit-4-Life Program at the Holland Street Center over the past 3 years and is the Principal Investigator for **ENGAGE Somerville**. Dr. Reid states: “We know that when older adults lose their mobility they start to experience a poorer quality of life and are at increased risk for other health events such as falls or hospitalizations. However, the good news is that from our recent laboratory research, we have developed interventions that can really benefit older persons and preserve their mobility and independence. With **ENGAGE Somerville**, we will now examine whether we can successfully translate our clinical findings to have broader benefit for older adults living in the community.”

Right now, **ENGAGE Somerville is looking for volunteers** to participate in this very important study. If you are willing and are eligible to participate, you will be randomly assigned to either a physical activity group, or a healthy aging education group. If you are in the physical activity class, you will attend a weekly supervised exercise class. If you are in the healthy education group, you will attend a fascinating weekly healthy aging lecture series and learn about topics such as nutrition, healthcare, travel, and many more topics of relevance to older adults! In addition, if you are eligible and choose to participate, there is no cost for you in this study. All activities are held at Holland Street!

We encourage anyone as young as 65, or as old as 89 years old to contact Chris Kowaleski for more information, and to set up a visit to determine your eligibility!

Call Chris at (617) 625-6600, ext. 2315 or email him at ckowaleski@somervillema.gov to schedule a screening visit!

Message from the Mayor

Contacts & Information

Friends:

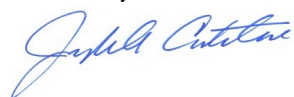
How can it possibly be June?

The old saying that “time flies when you’re having fun” must be true. Judging from the many listings in this month’s calendar, I think it’s certainly true for many of Somerville’s older adults.

As always, I love to see all of the programming the Council on Aging offers to promote healthy aging. I can’t think of a better way to start the week than a nice morning walk! I was so glad to see this activity added to your calendar every Monday. The ENGAGE study sounds like a great program for our older adults. It’s so impressive that we continue to develop and grow our collaboration with the Jean Mayer Human Nutrition Research Center on Aging at Tufts. It also hasn’t escaped my attention that Fit4Life has expanded to the Cross Street Center. Great news! I am equally happy to see that a Nutrition Fair is scheduled for Tuesday, June 16th. These collaborative programs point to what has been a priority of my administration: health and wellness.

It’s also nice to see such a variety of cultural and social outings and events. There’s so many it almost makes me want to age a little faster so I can accompany you!

I encourage you to enjoy these and other activities throughout the City. Whatever you do, be sure to have fun!



EARLY NOTIFICATION:

Please remember that Election Day this September is on

THURSDAY, SEPTEMBER 17TH.

There will be no programming at Holland Street on that day.

Mark your calendars now so you won’t forget!

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Mimi DelGizzi ▪ Nutritionist

Josephine Raczkowski ▪ Office Assistant

Judy Calvey ▪ Holland Street Director

Kim Moss ▪ Ralph and Jenny Director

Wil Hartigan ▪ Social Work Intern

COUNCIL ON AGING OFFICE

Monday - Friday 8:30 a.m. - 4:30 p.m.

CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335

Tuesday & Wednesday 9 a.m.-1 p.m.

HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9 a.m.-3 p.m.

RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223

Monday - Thursday 9 a.m.-3 p.m.

Healthy Living News You Can Use



Lessons From the Longest Lived People

By Mimi DelGizzi, MS, MPH

A few years ago, author and journalist Dan Buettner wrote a book called “*The Blue Zones: Nine Lessons For Living Longer From the People Who’ve Lived the Longest.*” In his book, Buettner offered lessons that he learned while studying the cultures, traditions, and lifestyles of five places that he and his research team dubbed the “Blue Zones.” These zones are home to the longest-lived people; people who live to their nineties and even past 100 years old. Buettner’s team wanted to know what helped these nonagenarians and centenarians live long and healthy lives. Lessons that the team garnered from their research includes:

- 1) Stop eating when your stomach feels 80% full;
- 2) Eat the smallest meal of the day in the late afternoon or evening;
- 3) Eat mostly plants, especially beans;
- 4) Eat meat rarely. Many people in the Blue Zones only eat about 3 or 4-ounce portions (about the size of a deck of cards) five times per month; and
- 5) Drink alcohol moderately and regularly, i.e. 1-2 glasses a day.

The five Blue Zones that Buettner and his team identified as places that foster long life are Ikaria, Greece; Okinawa, Japan; Nicoya Peninsula, Costa Rica; Sardinia, Italy; and Loma Linda, California. The team looked at factors like physical activity level, stress, community networks and support, and, of course, what the people of the Blue Zones ate to keep them so healthy. In each location, some “top longevity” foods are thought to prolong healthy life.

Top Longevity Foods In the Blue Zones:


- **Ikaria, Greece:** goat’s milk, honey, legumes (especially garbanzo beans, black-eyed peas, and lentils), green leafy vegetables, fish, feta cheese, lemons, herbs like sage and marjoram;
- **Okinawa, Japan:** bitter melon, tofu, garlic, brown rice, green tea, and shiitake mushrooms;
- **Nicoya Peninsula, Costa Rica:** beans, corn, squash, eggs, papayas, yams, bananas;
- **Sardinia, Italy:** goat’s milk and sheep’s cheese, fennel, fava beans, chickpeas, tomatoes, almonds, wine, moderate carbohydrates like flat bread, sourdough bread, and barley; and
- **Loma Linda, California:** beans, green leafy vegetables, whole grains, fruits, nuts, lots of water, fish.

WANT MORE INFORMATION LIKE THIS? Join the Fit-4-Life Nutrition classes that run once per week on Wednesdays. To sign up, talk to Chris Kowaleski or Mimi DelGizzi or call 617-625-6600 x2300.

NEW ! ONE-ON-ONE NUTRITION COUNSELING

Mimi DelGizzi, MS, MPH, the nutrition at the Somerville Council on Aging, will now be offering one-on-one nutrition counseling twice a week on Mondays from 12pm-1pm and Fridays from 11am-12pm. If you have a specific question about how to drink more water, eat more vegetables, get more protein, or anything else related to food or nutrition, stop by and see her. You can drop in or make an appointment by emailing mdelgizzi@somervillema.gov or calling 671-625-6600 x2300.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:30 Fit-4-Life Walking and Talking Group (H) 9:30 Monthly Breakfast (H) 11:30 Lunch (H) 12:00 Nutrition Counseling with Mimi (H)	2 9:30 Reminiscing with Jimmy (H) 10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 10:00 Brain Games (H) 10:30 Men's Group (H) 12:00 Lunch (R), C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R) Bowling Banquet	3 10:00 English Conversation (C) 10:00 Cards (R) 11:30 Lunch (H, R), C) 12:45 Bingo (R)	4 10:00 Cards (R) 10:00 Scarves for Soldiers (R) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H) 12:45 Bingo (H)	5 10:00 Book Club (H) 11:00 Nutrition Counseling with Mimi (H) 11:30 Lunch (H) 12:45 Bingo (H)
8 8:30 Fit-4-Life Walking and Talking Group (H) 9:00 Gardening (H) 11:30 LGBT Gay Pride Lunch with SHS Gay-Straight Alliance (H) 11:30 Lunch (H) 12:00 Nutrition Counseling with Mimi (H) 4:30 LGBT Advisory (H)	9 9:30 Reminiscing with Jimmy (H) 10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 10:30 Low Vision Support (H) 12:00 Lunch (R), C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R)	10 10:00 English Conversation (C) 10:00 Cards (R) 11:30 Lunch (H, R), C) 12:45 Bingo (R) Fiore's	11 10:00 Cards (R) 10:00 Scarves for Soldiers (R) 10:00 Blood Pressure (R) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R) 12:45 Bingo (R), H)	12 11:00 Nutrition Counseling with Mimi (H) 11:30 Lunch (H) 12:45 Bingo (H)
15 8:30 Fit-4-Life Walking and Talking Group (H) 9:30 Veterans Group (H) 9:30 Stargazing lecture (H) 11:30 Lunch (H) 12:00 Nutrition Counseling with Mimi (H) 5:30 LGBT Gay Pride Night-Dinner and a Movie	16 9:30 Reminiscing with Jimmy (H) 10:00 NUTRITION FAIR (H) No Programming at Cross Street or Ralph and Jenny 6:00 Caregivers	17 ALL CENTERS CLOSED Bunker Hill Day Holiday	18 ALL CENTERS CLOSED Winter Hill Yacht Club Barbeque Event	19 11:00 Nutrition Counseling with Mimi (H) 11:30 Lunch (H) 12:45 Bingo (H)
22 8:30 Fit-4-Life Walking and Talking Group (H)	23 9:30 Reminiscing with Jimmy (H) 10:00 English Conversation (C)	24 10:00 Cards (R) 10:00 English Conversation (C)	25 10:00 Cards (R)	26 11:00 Nutrition Counseling with Mimi (H) 11:30 Lunch (H) 12:45 Bingo (H)

11:30 Lunch (H) 12:00 Nutrition Counseling with Mimi (H) 12:30 Movie—Still Alice (H)	10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 11:30 Lunch (R), (C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R) Drifters	10:00 English Conversation (C) 11:30 Lunch (H, R), (C) 12:00 CaregiversWorkshop : Tips for Family Conversations about Dementia (H) 12:45 Bingo (R)	10:00 Knitting Scarves for Soldiers (R) 10:00 Blood Pressure (R), (H) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R) 12:45 Bingo (R), (H) Foxwoods/Mohegan	11:00 Nutrition Counseling with Mimi (H) 11:30 Lunch (H) 12:45 Bingo (H) Foxwoods/Mohegan
29 8:30 Fit-4-Life Walking and Talking Group (H) 11:30 Lunch (H) 12:00 Nutrition Counseling with Mimi (H) Holiday Inn Dance	30 10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 10:00 Senior Housing 101 (H) 11:30 Lunch (R), (C) 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R)		DON'T MISS THE FLEA MARKET On Saturday, June 20th To reserve a table, call Marie Linscott at (617) 625-7261	

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

WEEKLY EXERCISE AND NUTRITION CLASS SCHEDULE

Monday: Walking and Talking, 8:30 a.m. ; Nutrition Counseling with Mimi, 12:00 p.m.; *Fit 4 Life C, 1:00 p.m., (H)
Tuesday: Strengthening, 9:15 a.m., \$3 per class (H); Fit 4 Life Cross Street, 12:15 p.m., Dalcroze Eurhythmics, 1:00 p.m., \$2/class(H); *LBT Fit4Life, 6:00 p.m (H)
Wednesdays: *Fit 4 Life A, 8:45 a.m./B, 9 a.m./ C, noon (H); Zumba 4 All, 5:15 p.m., \$3/class (H)
Thursdays: Strengthening, 9:30 a.m., \$3 per class (R) ; Yoga, 9:00 a.m., (H) *LBT Fit 4 Life, 6:00 p.m. (H)
Fridays: *Fit 4 Life A, 8:45 a.m./B, 9:55 a.m.; Nutrition Counseling with Mimi, 11 a.m.
*All Fit 4 Life classes cost \$10/month and require pre-registration. If you are interested in our Yoga classes, please call Chris

KEY TO ABBREVIATIONS

H: HOLLAND STREET

C: CROSS STREET CENTER

RJ: RALPH & JENNY CENTER

News You Can Use from the Social Services Desk

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press



If the 9-1-1 dispatcher asks questions, press



Source: MA State 911 Department and the Executive Office of Public Safety and Security

www.mass.gov/e911

ANOTHER PHONE SCAM ALERT: The Middlesex Sheriff's Office has received more than 30 calls from individuals who reported having been contacted over the phone by men and women claiming to be with the Middlesex Sheriff's Office and threatening arrest for failure to pay federal taxes. In many reported cases, a male caller specifically identified himself as Middlesex Sheriff Peter Koutoujian.

"These scammers have taken this one step further by not just posing as our officers -- but now me -- in an effort to con individuals out of their hard-earned money," said Sheriff Koutoujian. "I want to assure the public that no legitimate law enforcement official will ever threaten arrest or demand payment for debt over the phone." In each case reported, the scammers managed to spoof the office's main telephone number, making the calls appear more legitimate. Receiving a call from someone claiming to be a member of law enforcement and demanding money can be a jarring experience. That is what these scammers are counting on," said Koutoujian. "Fortunately, those who contacted us today had the presence of mind to ask good questions and recognize this as a scam."

Due to the nature of these scams, it is often impossible to trace phone calls or identify suspects. For that reason, the IRS, local police departments and sheriff's office across the country have tried to educate the public about their prevalence and ways residents can protect themselves. ***Law enforcement officials encourage individuals receiving similar calls—or anyone who thinks they may have lost money due to a telephone scam—to contact their local police department.*** Anyone who receives a call from a scammer who identifies as a member of the Middlesex Sheriff's Office can also report the call to the Sheriff's Investigations Unit at 978-932-3220.

FOR CAREGIVERS ONLY: In cooperation with the Alzheimer's Association, the Somerville Council on Aging presents "Conversations about Dementia" on Wednesday, June 24th from 12-2. This honest and open presentation will provide support and hints for having difficult conversations with family members. Registration is a must; Call Suzanne Norton at (617) 625-6600, ext. 2300 to register or to learn more.

NURSING HOMES ARE NOT THE ONLY OPTION. Our "Senior Housing 101" sessions, led by Council on Aging social worker Natasha Naim, explores the range of options that older adults have when thinking about where to live. Come and learn more about the application process and income guidelines. Natasha is here to answer questions and provide information. Senior Housing 101 is from 10-11:30 on the last Tuesday of every month at 167 Holland Street, Somerville. Please call Natasha at 617-625-6600 ext. 2317 to RSVP.

Fitness Classes

Dalcroze Eurhythmics

Music-Based Fitness Class on hiatus until Fall.

Tuesdays 1:00 p.m. *Holland Street*

Strengthening with Geoff

Tuesday 9:15 - 10:15 a.m. *Holland Street*

Thursday 9:30 - 10:30 a.m. *Ralph and Jenny*

Fit-4-Life Fitness and Nutrition Program

- ♦ Open to all 55+ on Wednesday and Friday mornings and afternoons at Holland Street, and on Tuesday afternoons at Cross Street.
- ♦ Open to Somerville's Lesbian, Bisexual, and Transgender women 55 and older on Tuesday and Thursday evenings at Holland Street.

Call Chris at (617) 625-6600, ext. 2315 for more information.

Bowling at Flatbread

On hiatus until Fall.

Zumba for All (\$3 per class, \$15 for 6 classes)

Wednesday 5:15-6:15 p.m. *Holland Street*

Yoga

On hiatus until Fall.

Call Chris at (617) 525-6600, ext. 2315 for more information.

Keep Moving: Everyday Exercises for Older Adults

Sun/Tues 12:30 p.m. and 7:30 p.m.

Thursday 12:30 p.m.

City TV 13 (RCN), 22 (Comcast) Educational Channel 15

LGBT Happenings

***JUNE IS GAY PRIDE MONTH!***

LGBT Monthly Lunch – The next monthly luncheon will be Monday, June 8th at 11:30 a.m. **This month, we will be joined by the students of the Gay/Straight Alliance (GSA) from Somerville High School** with pizza and salad menu. Free to all. RSVP by Friday, June 5th. LGBT lunch happens the 2nd Monday of every month excluding City Holidays and snow emergencies.

LGBT Advisory Group – Our next Advisory Group meeting will be Monday, June 8th at 4:30 P.M. We are looking for new members and would love to have you as part of our group. This group meets the 2nd Monday of every month excluding City Holidays and snow emergencies.

LGBT Dinner & Movie – Monday, June 15th at 5:00 P.M. in our Holland Street Center. **In honor of Gay Pride Month at approximately 5:00 p.m. we will have a showing of “The Great Pink Scare” followed by a yet to be determined dinner with a little time to socialize followed by a showing of “If These Walls Could Talk 2.”**

This event happens the 3rd Monday of every month excluding City Holidays and snow emergencies.

*If you have any questions regarding LGBT programming at the Somerville Council on Aging, please contact Maureen Bastardi at 617-625-6600 Ext. 2316 or email her at MBastardi@Somervillema.gov

Spotlight on...



Veterans visit Washington, D.C.



Photos courtesy of Kim Moss.



On April 30th through May 3rd, a group of Somerville's veterans travelled to Washington, D.C. The trip's packed agenda included visits to every major war memorial and monument. A highlight was a trip to the Capitol to visit Congressman Michael Capuano, who treated the members of our group like royalty.

Somerville Council on Aging

Somerville Community Service Center

167 Holland St.

Somerville, MA 02144

617-625-6600 ext. 2300

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